
From Our . . .

(3)

KITCHEN

. . . To Yours



UKRAINIAN CATHOLIC LADIES AID

Foam Lake, Saskatchewan



Prairie Provinces Collection

THANK YOU

We want to express our appreciation to all the merchants whose fine spirit of cooperation made it possible for us to publish this cook book.

We also want to thank all those people who gave their time and energy in collecting and submitting recipes and assisted in the sale. Without their help this book would not have been possible.



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LITHO IN CANADA

THANK YOU

We want to express our gratitude to all the merchants whose fine spirit of cooperation made it possible for this book to be published.

We also want to thank the many friends who have helped and assisted in the preparation of this book.

TAKE TIME

FOR 10 THINGS

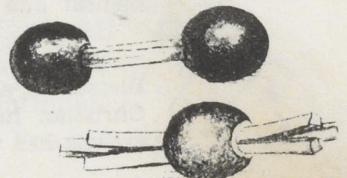
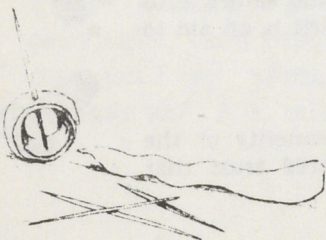
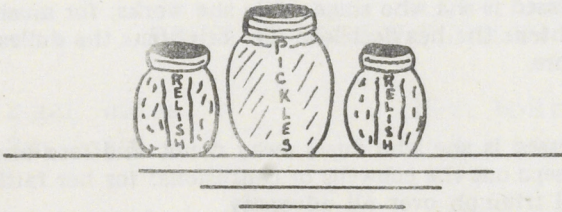
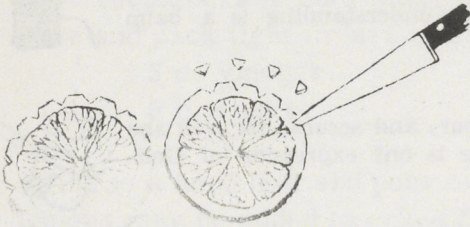
1. TAKE TIME TO WORK -
it is the price of success.
2. TAKE TIME TO THINK -
it is the source of power.
3. TAKE TIME TO PLAY -
it is the secret of youth.
4. TAKE TIME TO READ -
it is the foundation of knowledge.
5. TAKE TIME TO WORSHIP -
it is the highway of reverence and washes
the dust of earth from our eyes.
6. TAKE TIME TO HELP AND ENJOY FRIENDS -
it is the source of happiness.
7. TAKE TIME TO LOVE -
it is the one sacrament of life.
8. TAKE TIME TO DREAM -
it hitches the soul to the stars.
9. TAKE TIME TO LAUGH -
it is the singing that helps with life's loads.
10. TAKE TIME TO PLAN -
it is the secret of being able to have time
to take time for the first nine things.



Hors d'oeuvres,

Pickles

& Relishes





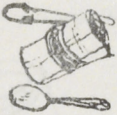
BEATITUDES FOR THE HOUSEWIVES



Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.



Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.



Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.



Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.



Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.



Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.



Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.



Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.



Blessed is she who preserves the sanctity of the Christian home; for hers is a sacred trust that crowns her with dignity.



CHILI SAUCE

5 med. onions	3 c. sugar
5 lg. ripe tomatoes	1½ tsp. salt
4 apples	

Chop fine the first 3 ingredients. Add the sugar and salt and cover with vinegar. Cook until tender (about 3 hours). Add 2 tsp. cinnamon, put into jars and seal.

Mrs. T. Haiyk

SLICED PICKLES

Soak cucumbers in cold water overnight. Slice thinly lengthwise and pack tight in jars. Make following syrup.

5 c. vinegar	1/3 c. salt
5 c. sugar	1 tsp. celery seed

Bring to a hard boil and pour over cucumbers and seal. Onions may be added to cukes for flavor. Makes 4 qt. of cukes.

Mrs. J. Kozak

BRITTLE SWEET PICKLES

2 gal. cukes	16 c. boiling water
2 c. salt	

Cut cucumbers in fairly large pieces. Make a brine of water and salt. Pour over cucumbers and let stand for 1 week. Drain and pour boiling water over cukes. Let stand overnight, then repeat again. Do this once more and on 3rd day, put 1 tsp. alum. In the morning drain well. Boil 5 c. vinegar and 8 c. white sugar and pour over them. Drain

(continued)

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and boil the syrup for 3 mornings and on 3rd morning pack in jars and seal,

Mrs. Olga Koropatwa

YUM YUM PICKLES

6 qt. cucumbers, thickly sliced	1 tsp. mustard seed
4 green peppers, sweet	1 qt. onions
$\frac{1}{2}$ c. salt	2 red peppers, sweet
6 c. sugar	4 qt. cold water
1 tbsp. tumeric	6 c. vinegar
	1 tsp. celery seed

Wipe cucumbers and slice without peeling, slice onions, cut up peppers, not fine, dissolve salt in water and pour over vegetables. Let stand 3 hours and drain. Then combine vinegar, sugar, tumeric and mustard seed and bring to boiling. Add vegetables and bring to a boil. Put in sterilized jars and seal.

Mrs. Pauline Woychchesko

CUCUMBER CREAMS

14 cukes, peeled, chopped remove large seed	3 tbsp. mustard
6 lg. onions, chopped fine	1 tsp. tumeric
$2\frac{1}{2}$ c. vinegar - if too strong add $\frac{1}{3}$ c. water	$\frac{1}{4}$ tsp. red pepper
3 c. granulated sugar	1 tsp. ginger and 1 tbsp. salt

Boil all this together for 10 minutes or until tender. Then mix 1 cup flour with water and add. Boil 5 minutes, then add 1 cup sweet cream, and tablespoon butter. Simmer 5 minutes more. Put in jars and seal while hot.

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DELICIOUS PICKLE RELISH

4 c. large cukes peeled and chopped fine
2 c. cooking onions peeled and chopped fine
1 qt. small onions, left whole
1 medium cauliflower, cut fine
1 head celery, cut fine
6 large apples, grated
2 red peppers cut in strips

Cover with the following hot brine.

3/4 c. coarse pickling salt
5 c. water

Leave overnight.

Drain, rinse, add following. Bring to boiling point only. Mix 2 tbsp. corn starch, in water to thin paste. Add to 6 c. vinegar, 3 tbsp. tumeric, 2 tbsp. mustard seed and 8 c. granulated sugar.

MILLION DOLLAR PICKLES

3 qt. sm. cucumbers, sliced thinly	2 tsp. tumeric
1 qt. small onions	6 c. white sugar
3 green, sweet peppers, diced	2 tsp. mustard seed

Let stand in hot brine of
1/3 c. salt & 1 1/2 qt. water

Pour over while hot. Leave overnight. Drain and add vinegar to almost cover. Do not boil but heat thoroughly. Stir continuously. Just before sealing add 1 can of pimento.

PICKLED EGGS

For 10 to 12 eggs or 1 quart. Hard boil eggs, drain and place in cold water about 30 minutes. Peel, place in sterile jars. Cover with pickling vinegar and seal. Do not dilute or heat vinegar. Good in about 3 weeks.

SALAD BEETS

Boil beets, dice enough for 6 pints and place in the following sauce;

1 pt. vinegar	1 tbsp. mustard
1 c. water	2 tsp. salt
2 c. white sugar	$\frac{1}{2}$ c. flour

Heat beets and sauce well, but don't boil. Bottle.

CUCUMBER RINGS

4 qt. cukes, sliced with peeling on

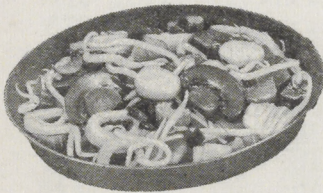
Soak in water and add $\frac{2}{3}$ c. salt overnight. In the morning drain and cover with boiling water. Drain immediately and cover with

1 qt. vinegar	1 c. sugar
4 tbsp. salt	2 tbsp. pickling
1 qt. water	spice in bag

Then add 1 c. sugar every day for six days. On sixth day pack cukes in sealers and bring brine to boil. Pour brine over cucumbers and seal.



Salads, Vegetables & Soup



OVEN TEMPERATURE CHART

Slow	250 degrees - 325 degrees F.
Moderate	325 degrees - 375 degrees F.
Moderate hot	375 degrees - 425 degrees F.
Hot	425 degrees - 450 degrees F.
Very hot	450 degrees - 475 degrees F.

	Minutes	Temperature
BREADS		
Loaf	50-60	400
Rolls	20-30	400
Biscuits	12-15	450
Muffins	20-25	400
Popovers	30-40	425
Corn bread	25-30	400
Nut	50-60	350
Gingerbread	30-40	325
PIES		
Pumpkin	35-45	400
Two-crust	25-40	400
Shells	10-12	450
Meringue	10-15	300
COOKIES		
Drop	10-15	400
Rolled	8-12	400
Ice box	8-12	400
Molasses	10-15	350
CAKES		
Angel	60	325
Sponge	60	325
Cup	25	350
Layer	25-30	375
Loaf	45-60	350
Sheet	20-30	375
Pound	60-90	325
MEAT AND POULTRY		
Beef, rare	20 min. to lb.	300
Beef, medium	25 min. to lb.	300
Beef, done	30 min. to lb.	300
Pork	40 min. to lb.	350
Ham, smoked	30 min. to lb.	300
Mutton	35 min. to lb.	300
Veal	35 min. to lb.	325
Chicken	25 min. to lb.	350
Duck	25 min. to lb.	350
Turkey, large	20 min. to lb.	275
Turkey, small	25 min. to lb.	300
Fish	20 min. to lb.	375

SALADS, VEGETABLES & SOUP

MACARONI SALAD

1-3/4 c. elbow macaroni	1 or 2 tomatoes, for color
1 c. ham or chicken pieces, cut up	1/2 c. celery, cut up
1/4 c. green onion	3/4 c. salad dressing
	Salt

Cook macaroni in boiling water until tender. Drain, rinse, well. Chill. Combine all ingredients. Chill and serve with lettuce.

Emily Oleksuk

SALMON MACARONI SALAD

1 c. elbow macaroni	1 tsp. prepared mustard
1 - 8 oz. can salmon	1 c. fresh frozen peas
1/3 c. mayonnaise salad dressing	1 hard cooked egg

Cook macaroni in boiling water (salted) for 10 minutes. Drain. Add all other ingredients to the hot macaroni and mix well. Serve on crisp leaf of lettuce.

Mrs. Julia Kozak

GOLDEN SALAD

Dissolve in 1 c. boiling water, 1 lemon jelly powder. Add 1 c. pineapple juice or water. When partially set, add 1 c. grated carrots, and 1 c. pineapple, drained. Chill until set. In place of 1 c. grated carrots use 1/2 c. grated carrots and 1/2 c. diced celery.

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PINEAPPLE SALAD

1 - 20 oz. tin crushed pineapple, drained well	2 c. boiling water
2 pkg. lemon jello	2/3 c. sugar
	1/2 tsp. lemon juice
	1 1/2 c. finely grated carrots

Add boiling water to jello, sugar, salt and lemon juice. Let it cool but not too firm. Whip $\frac{1}{2}$ pint cream and add jello and whip again. Mix in pineapple and the carrots and let chill for at least 2 hours before serving.

CANNED VEGETABLE SOUP

1 qt. carrots, diced	1 qt. green beans, chopped
1 qt. peas	1/2 pt. onions, diced
1 qt. corn	1 pt. celery, diced
2 qt. tomatoes, canned	2 tbsp. salt
1 qt. potatoes, diced	1 tsp. pepper
	1 green pepper, minced

Wash vegetables and peel the carrots and potatoes. Dice and slice, chop onions fine, cut the corn off the cobs. Put all vegetables in a large kettle and cover with boiling water. Add salt and pepper and bring to a boil. Boil for 5 minutes. Then pour immediately in hot sterilized jars filling them within $\frac{1}{2}$ inch from top. Bring this to a boil, then boil steadily for three hours. When this is opened for use a little butter or soup stock gives added flavor.

You can use any combination of vegetables that you prefer, but corn, tomatoes and onions are most important.

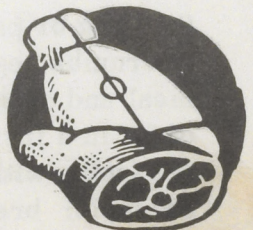
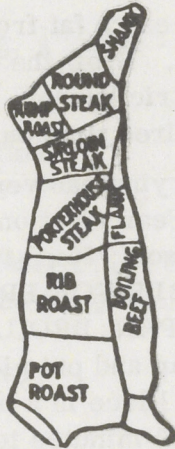
Justine Sereda



Meat, Fish



& Poultry



OVEN TEMPERATURE CHART

MISCELLANEOUS

Custard Cup	20-30	300
Custard Casserole	45-60	300
Souffle	50-60	325
Baked potato	60-90	400
Baked beans	6 hours	350
Timbales	35-45	300
Rice Pudding	50-60	325
Scalloped potato	60-90	375

TIME CHART FOR ROASTS

Kind:	Minutes per lb. after searing:
Beef - rare	10-16
medium	17-22
well done	23-30
Veal, pork, lamb - well done ..	30
Cured pork - well done	40-55

Broiling: Remove any extra fat from the meat and grease the broiler with some of it. Broil the meat over a clear fire or under a gas or electric burner. Sear it on both sides and cook it half of the required time on each side.

Pan broiling: Heat a frying pan very hot and grease it, by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

TIME TABLE FOR BROILING AND PAN BROILING

Put a rack in a meat pan and put pieces of the meat fat in the bottom of the pan. Place in a hot oven, 500 degrees F., on the upper grate for 10 minutes to sear meat; season with salt and pepper, remove to the lower grate of oven; lower temperature to about 300 degrees F., baste occasionally until done. Add hot water if necessary for basting.

Sauteing or pan frying: Remove any extra fat and dip the meat in crumbs, egg and crumbs again (or use a mixture of corn meal and crumbs), cook 25 to 30 minutes in a small amount of fat in a frying pan, browning first on one side then turning, seasoning with salt and pepper, and browning on the other.

Example: breaded veal chops.

MEAT, FISH AND POULTRY

SWISS STEAK

Mix flour and salt and pepper. Dredge in flour mixture;
2 onions, sliced $\frac{1}{2}$ c. celery, diced

Brown in a little hot fat in a frying pan. Cover with:
2 onions, sliced $\frac{1}{2}$ c. celery, diced
 $2\frac{1}{2}$ c. canned tomatoes

Cover closely and simmer gently until meat is tender, (about 2 hours). Season during cooking with salt and pepper. Add water, if necessary. When meat is cooked make a gravy of the liquid and pour over the steak. Serves 4 to 6.

CHOP SUEY

Cut in pieces about 1" long, $\frac{1}{2}$ " wide - $\frac{1}{2}$ lb. beef, pork or veal. Add:

1 tsp. salt 1 tbsp. soya sauce
1 sm. garlic section,
chopped very fine

Fry this meat mixture quickly in $\frac{1}{4}$ c. oil. Keep covered. Remove meat. Place in the hot pan and allow to cook covered a few minutes:

1 can bean sprouts, 1 onion, chopped
drained 1 c. celery, chopped
1 can mushrooms,
drained

Add meat and thicken with 1 tbsp. corn starch mixed with bean sprout liquid. Serve on large hot platter. For variety top with noodles.

Eleine Hopko

7 - Foam Lake, Sask.

TURKEY DEVAN

1/4 c. chopped onion	1/2 c. milk
1/2 tsp. oregano	1 1/2 c. sliced or cubed
2 tbsp. butter	cooked turkey
1 can tomato soup	1/4 c. shredded mild
	cheese

Cook the onion with oregano in butter until tender. Add the soup and milk. In a shallow 10 x 6 1/2" baking dish spread the prepared bread stuffing. Top with the cooked turkey. Spread with soup. Sprinkle with cheese and walnuts (if desired). Bake in a 450 degree oven for 15 minutes.

HUNGARIAN MEAT LOAF

2 lb. beef hamburger	1 tsp. salt
5 eggs	1/2 tsp. pepper
1 lg. onion	2 c. milk
5 celery lengths put thru	1/2 tsp. poultry seasoning
chopper	5 tbsp. rice, wash rice
20 cracker crumbs	first

Mix altogether and put in greased loaf pan and bake in slow oven.

Mrs. Rose Balabuk

SWEET & SOUR SPARERIBS

Put in fry pan about 1 1/2 to 2 lb. spareribs, brown on all sides. When cooked pour off lard, then add:

1 c. brown sugar	1 tsp. corn starch
1 c. vinegar	1/2 bottle catsup
1 c. water	

Bake in a moderate oven about 1 hour.

Emily Oledsuik

8 - Foam Lake, Sask.



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SUPPER DISH
PORCUPINE MEATBALLS

1 lb. minced beef	2 tsp. finely chopped
1/3 c. rice	onions
1/2 tsp. salt and pepper	1 tin tomato soup
1 tbsp. fat	1/2 c. water
	1 egg

Wash the rice, mix meat, onion, rice, seasoning and egg in a bowl. Form into small balls, roll in flour. Place in fry pan. and brown in the fat. Add the soup and water. Cover and braise 25 to 30 minutes. Adding water if necessary.

BAKED PORK CHOPS

4 pork chops	3 med. potatoes, peeled
2 tbsp. fat	and sliced
1/4 c. diced onion	1 lb. shredded cabbage
1 c. condensed cream	1/4 c. flour
of celery soup	1 1/2 tsp. salt
1/2 c. milk	1/8 tsp. pepper

Brown chops in hot fat, remove when done. To the fat in pan add onions, soup and milk. Simmer for a minute and set aside. Starting with potatoes, put alternate layers of potatoes, cabbage into a two quart casserole or 8 x 8 x 2 cake pan. Sprinkle each layer with flour, pour soup sauce over each layer. Place chops on top. Cover casserole and bake 1-1/4 hours in 350 degree oven.

DEEP FRIED FISH

Mix together:

1 c. flour	1/4 tsp. salt
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(continued)

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Add gradually:

2/3 c. milk

Add: 2 egg yolks, beaten

Fold in 2 egg whites stiffly beaten. Wipe 1 lb. cod fillets with damp cloth. Cut in serving pieces, dip in batter. Deep fry in oil at 365 degrees F. for a few minutes. Drain on brown paper. Serve with potato chips. Serves 4.

Mrs. F. Maycher

BUSY DAY CASSEROLE

2 med. potatoes, sliced	1 c. cooked rice
2 med. onions, sliced	1 can tomatoes
1 lb. minced onions	Salt & pepper to taste

Grease a fairly large casserole. Slice potatoes and onions rather thinly. Put potatoes in bottom of casserole. Then onions. Cover with minced steak, then rice and finally spoon some of the tomatoes over all. Bake in moderate oven at 350 degrees for $1\frac{1}{2}$ hours or until potatoes are done.

CASSEROLE

2 c. minute rice	6 slices bacon, cut up
1 - 15 oz. tin pineapple tidbits	$\frac{1}{2}$ green pepper, cut up
1 tin mushroom pieces	1 med. onion, cut up
	2 tbsp. soya sauce

Drain pineapple and use the juice and water to cook minute rice, according to directions on box. Fry the bacon until crisp, add pepper, onion, rice, add 2 tbsp. soya sauce. When using with fried chicken, add about 1 tbsp. chicken fat. Place in casserole and bake $\frac{1}{2}$ to $\frac{3}{4}$ hour in a medium oven 350 degrees.

Corky Davison

10 - Foam Lake, Sask.

HOME MADE MACARONI

5 c. flour
4 eggs

2 tsp. salt

Add enough warm water to make a firm dough. Roll out a piece of dough about 12 inches in diameter and quite thin. Drip it in a pan on low heat or electric 350 deg, turning it over once. Take out, cut into strips, pile about 6 strips high and cut thinly or put them through macaroni making machine.

Gena Honeywich

PYROHY (Dumplings)

3 c. flour
3/4 c. warm water
1 egg, well beaten

1/2 tsp. salt
2 tbsp. Mazola
1 tbsp. vinegar

Mix water, mazola, eggs, and vinegar. Sift flour, salt in a bowl and add the liquid to flour and mix well. Knead on a board until smooth and let stand 15 minutes. Roll out thin, cut in squares or two inch circles and put filling in each. Drop into boiling salted water and boil 10 minutes. Drain and grease with melted butter. Serve with sour cream.

Gena Honeywich

BUCKWHEAT CABBAGE ROLLS

2 c. buckwheat
1/2 c. rice
4 c. water

2 tsp. salt
1 medium onion
1/2 c. lard or margarine
Pepper to taste

Cook buckwheat and rice for 10 minutes in salted water. Sauté onions in lard until tender, add to buckwheat and mix well. Make as rice cabbage rolls. Put 2 tbsp. lard over each layer of cabbage rolls and add 1 1/2 c. water to a roaster of rolls.

Mrs. Ann Roscicki
11 - Foam Lake, Sask.

HOOBTSI CABBAGE ROLLS

1 lg. head cabbage

Remove core with sharp knife placing cabbage in hot water to cover head. Let stand until leaves fall apart. Wash thoroughly 2 cups rice.

Add 2 c. boiling water and 1 tsp. salt. Bring to boil. Cover and turn the heat off. Allow the rice to absorb all the water. The rice will only be partly cooked.

Sauté:

1 lg. onion minced in 4 tbsp. butter or bacon fat

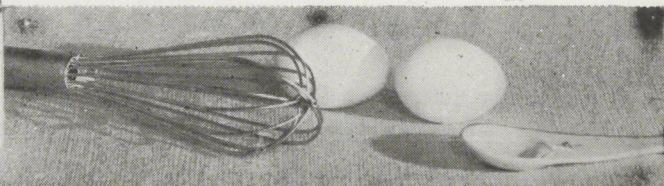
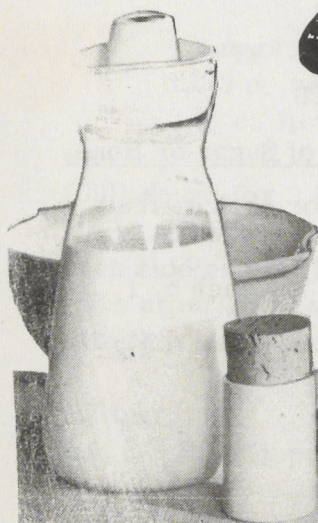
Add 1 c. cooked hamburger or bacon pieces. Cook a few minutes. Combine with rice. Season to taste with salt and pepper. Place a spoonful of rice mixture on small cabbage leaf, and roll. Place in pan in layers. Sprinkle each layer with salt.

Some tomato juice may be added with about 1 c. water before placing in oven. Cook until done in moderate oven. About 2 hours.

SAUERKRAUT AND RIBS

Prepare about 1 lb. chopped ribs and fill with water to cover, adding salt, pepper and onions to taste. Boil one hour. Add 2 cups sauerkraut and boil one hour more. Add $\frac{1}{2}$ c. rinsed rice and again boil about 45 minutes or until rice is cooked. Adding water if necessary. As this must be quite thick. Serve with potatoes.

Bread, Rolls & Cookies



TEMPERATURES FOR BAKING FLOUR MIXTURES

<u>Food</u>	<u>Temperature</u>	<u>Time (Min.)</u>
Baking powder biscuit .	450 degrees to 460 degrees	12-15
Bread	350 degrees to 400 degrees	45-60
Butter cake, loaf	360 degrees to 400 degrees	40-60
Butter cake, layer	380 degrees to 400 degrees	20-40
Cake, angel	300 degrees to 360 degrees	50-60
Cake, sponge	300 degrees to 350 degrees	40-60
Cake, fruit	275 degrees to 325 degrees	3-4 hours
Cookies, thin	380 degrees to 390 degrees	10-12
Cookies, molasses	350 degrees to 375 degrees	18-20
Cream puffs	300 degrees to 350 degrees	45-60
Meringues	250 degrees to 300 degrees	40-60
Muffins (b. p.)	400 degrees to 425 degrees	20-25
Pie crust	400 degrees to 500 degrees	20-40
Popovers	350 degrees to 450 degrees	35-40
Rolls.....	400 degrees to 425 degrees	25-30

TABLE FOR COOKING CEREALS

<u>Kind and Amount</u>	<u>Salt</u>	<u>Water</u>	<u>Time in double boiler</u>
Cream of wheat, 1 cup .	1 1/2 tsp.	4 c.	40 minutes
Corn meal, 1 cup	1 1/2 tsp.	4 c.	3 1/2 hours
Rice, 1 cup	1 tsp.	3 c.	40 minutes
Hominy (coarse)	1 tsp.	5 c.	3 hours
(fine)	1 1/2 tsp.	4 c.	2 hours
Rolled oats, 1 cup.....	1 tsp.	2 1/2 c.	1 hour
Cracked wheat, 1 cup..	1 tsp.	4 c.	4 to 6 hours

TABLE FOR DRIED FRUITS

<u>Fruit</u>	<u>Cooking Time</u>	<u>Amount of Sugar or Honey</u>
Apricots	About 40 minutes	1/4 c. for each c. fruit
Figs	About 30 minutes	1 Tbsp. for each c. fruit
Peaches	About 45 minutes	1/4 c. for each c. fruit
Prunes	About 45 minutes	2 Tbsp. for each c. fruit

BREAD, ROLLS AND COOKIES

YEAST RAISED DOUGHNUTS

Rub together like pie crust -

4 c. flour	$\frac{1}{2}$ c. shortening
$\frac{1}{2}$ c. sugar	$\frac{1}{2}$ tsp. salt

Dissolve 1 pkg. yeast in lukewarm water to which 1 tsp. sugar had been added, adding the yeast to the cooled 1 c. boiled milk. Add 2 eggs well beaten, mixing the egg mixture into the flour sugar and shortening working it well to form soft dough. Let stand overnight.

Next day roll out on floured board and cut with doughnut cutter and let rise about 1 hour. Fry in deep fat until golden brown.

Mrs. S. Nesar

FRUIT FILLED BRAIDS

$\frac{3}{4}$ c. warm water	2 tsp. sugar
2 pkg. yeast	

Mix and let rise few minutes.

2 eggs, well beaten	$\frac{2}{3}$ tsp. salt
$\frac{1}{3}$ c. sugar	1- $\frac{1}{3}$ c. chilled margarine
$4\frac{1}{2}$ c. flour	

Chill dough for 2 hours. Divide dough in four. Roll each piece 9 x 14. Spread filling 3" wide down centre. Cut 4" strips on each side and braid over cover and let rise 30 to 40 minutes. Bake about 30 minutes. Brush with corn syrup and drizzle with thin icing, and nuts or coconut.

Filling:

Mix $\frac{3}{4}$ c. chopped cooked prunes	$\frac{2}{3}$ c. brown sugar
1- $\frac{1}{3}$ c. chopped apples, peeled	1 tbsp. vinegar
	$\frac{1}{2}$ tsp. cinnamon

Cook until thick 8 minutes. Cool then spread.

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SURPRISE MUFFINS

2 c. flour	1/4 c. sugar
3 tsp. baking powder	1/4 tsp. salt
1/4 c. soft margarine	1 egg, slightly beaten
1 c. milk	

Sift dry ingredients into bowl. Add other ingredients. Mix with fork or pastry blender, until shortening is divided and flour is moistened. Batter will be lumpy. Fill well-greased muffin tins half full with batter. Drop a teaspoon of jelly or jam in centre of batter. Add more batter until cups are 2/3 full. Bake 20 to 25 minutes in 375 degree oven.

Mrs. Joyce Lazeski

DOUGHNUTS

Measure into a bowl $\frac{1}{2}$ c. sugar. Cream in 5 tbsp. butter
Stir in: 1 egg, unbeaten 1 c. buttermilk or
 $\frac{1}{2}$ tsp. vanilla sour milk
1 tsp. salt

Sift together and stir in flour about 4 cups sifted, 1 tsp. baking powder, $\frac{1}{2}$ tsp. soda. Turn on a lightly floured board. Roll $\frac{1}{2}$ " thick, cut with floured doughnut cutter. Deep fry until golden brown, turning over once. Drain on absorbent paper. Cool. Dust with confectioner's sugar. Makes 3 dozen.

RISE DOUGHNUTS

2 env. fast rising yeast	2 tsp. sugar
1 c. lukewarm water	1 c. milk
6 tbsp. shortening	$\frac{1}{2}$ c. sugar
1 tsp. salt	7 c. flour
3 eggs, beaten	

(continued)

Add yeast and 2 tsp. sugar to lukewarm water. Let stand 10 minutes. Add milk, shortening, sugar, salt and 2 cups flour to make batter. Add yeast and eggs. Beat well and add remaining flour or enough to make a soft dough. Knead lightly and place in greased bowl and cover. Set in warm place, free from draft. Rise double in bulk, knead, rise again. Roll out and cut as desired.

PORTER'S BUNS

1 c. milk	$1\frac{1}{2}$ c. cold water
8 c. sifted flour	2 pkg. dehydrated yeast
2 tsp. salt	$\frac{1}{2}$ c. sugar
$\frac{1}{2}$ c. shortening	2 eggs, well beaten

Scald milk; sift flour and measure into large bowl. Add cold water to milk. Take $\frac{1}{4}$ cup of the liquid (lukewarm) and add yeast. Add 1 tsp. sugar to this and let stand 10 minutes. Add salt and sugar to flour, and make a well in the centre. When the yeast is ready, add it with the beaten eggs and the rest of the liquid to flour mixture. Beat until smooth with a spoon, then with the hands and place in a large, greased bowl to rise. Let it stand 2 hours. Knead down once. Let rise until double in bulk, then shape and set to rise. When risen, bake in hot oven for 20 minutes.

Mrs. Winnie Raina

ORANGE BOWKNOTS

1 pkg. active dry yeast	5 to $5\frac{1}{2}$ c. sifted all purpose flour
$\frac{1}{4}$ c. water	2 beaten eggs
1 c. milk, scalded	2 tbsp. grated orange peel
$\frac{1}{2}$ c. shortening	$\frac{1}{4}$ c. orange juice
$\frac{1}{3}$ c. sugar	Orange Icing
1 tsp. salt	

(continued)

Soften yeast in warm water. Combine milk, shortening, sugar, and salt in a large mixing bowl, cool to lukewarm. Stir in about 2 cups of the flour; beat well. Add orange peel, juice and enough of remaining flour to make soft dough. Cover and let rest 10 minutes. Knead dough 8 to 10 minutes on lightly floured surface until smooth. Place in greased bowl. Cover; let rise in warm place (about 2 hours). Punch down; cover and let rest 10 minutes.

Roll dough in 18 x 10 rectangle, $\frac{1}{2}$ " thick. Cut strips 10" long and $\frac{3}{4}$ " wide. Roll each strip lightly under your finger, loosely tie in knot. Arrange on greased baking sheets and tuck ends under. Cover. Let rise until almost double (about 45 minutes). Bake in hot oven (400) 12 minutes or until done. Frost with orange icing.

Orange Icing:

Blend 1 tsp. grated orange peel, 2 tbsp. orange juice and 1 cup confectioners' sugar. Brush icing on with a pastry brush for a smooth even glaze.

WALNUT ROLLS

3 c. flour

$\frac{3}{4}$ c. lard or shortening

Mix above as for pie.

Soak $\frac{1}{2}$ pkg. yeast in $\frac{1}{4}$ c. lukewarm water. Let stand 10 minutes.

To flour and lard mixture, add 4 egg yolks and enough canned milk, about $\frac{3}{4}$ cup, to make a soft dough. Work until smooth about 5 minutes. Wrap the dough in a damp cloth and put in fridge for about 3 hours to rise.

When ready, roll fairly thin. Cut in small pieces, put in a little filling in each piece and roll up like a crescent. Bake about 10 to 12 minutes or until golden brown in oven at 375 deg. When rolling the dough, use icing sugar, instead of flour,

Mrs. Skakun

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SUGAR TWISTS

1 c. sweet cream
3 eggs, beaten
4 c. flour

1 pkg. yeast, dissolved
in 1/4 c. water
1 c. shortening or marg.

Mix flour and shortening as for pie crust. Add cream, beaten eggs, softened yeast. Mix well, let stand for 3 hours in the fridge. Roll out in sugar, folding twice, cut in strips, 1" wide and 3" long. Twist in the middle and bake until light brown. You will need one cup of sugar for rolling. Roll half the dough at a time.

SCUFFLES

Soak 1 pkg. yeast in 1/4 c. lukewarm water for 15 to 20 minutes. Mix the following ingredients as you would for pie crust.

3 c. flour
3 tbsp. sugar
Add 1/2 c. milk
2 eggs
Yeast

1/2 tsp. salt
1 c. butter, part marg.
if desired
1 tsp. vanilla

Knead dough until soft. Place in bowl and let stand overnight in refrigerator. Divide dough into 4 parts. Roll out as you would pie crust. Then sprinkle a mixture of 1 cup sugar and 2 tbsp. cinnamon on both sides of dough. Cut in wedges, as you would a pie and roll from the wide end to the narrow end. Bake for 15 minutes at 375 degree oven.

COCONUT COOKIES

Cream 1/2 c. butter
1/2 c. lard
Add 1 egg
1 1/2 c. rolled oats
1 tsp. soda
1/2 tsp. salt

1 1/2 c. flour
1 c. coconut
1 tsp. baking powder
1/2 c. brown sugar
1/2 c. white sugar

(continued)

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Roll dough into balls, dip in sugar and press down with fork.
Bake in moderate oven until brown, Recipe can be doubled.

Mrs. Regina Cruckshank

PEANUT COOKIES

1½ c. butter	1 c. brown sugar
2 eggs	1 c. white sugar
1 c. corn flakes	2 c. oatmeal
1 tsp. vanilla	2 c. flour
1 c. chopped peanuts	1 tsp. soda
1 tsp. baking powder	

Mix as any other cookie and drop by spoonfuls onto greased
baking sheet. Bake until brown.

Mrs. Regina Cruckshank

CHINESE CRUNCHIES

1 pkg. chocolate chipits	1 pkg. butterscotch chipits
1 c. shelled peanuts	1 can chow mein noodles
½ c. peanut butter can be used instead of choc. chipits	

Melt the chipits and mix with the rest of the ingredients. Drop
by spoonful onto a cookie sheet and put to cool into the fridge.

Dianne Slowski

CARAMEL CHIP SQUARES

½ c. butter	1 c. peanut butter
2 pkg. caramel chips	1 pkg. colored miniature marshmallows

Melt these two ingred-
ients and cool, then add
1 c. fine coconut and 1 c.
chopped walnuts

(continued)

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Mix and press into a greased pyrex pan. Put in refrigerator to chill. Cut in squares.

Mrs. Olga Koropatwa

NEOPOLITAN SQUARES

1 lb. unsweetened fine coconut	1 tsp. almond 1 can sweet Eagle
2 c. icing sugar	Brand milk
1 tsp. vanilla	Pinch of salt

Stir well and divide into 3 parts. Leave one part white, green and pink by adding food coloring. Add peppermint flavoring to the green part. Pack into an empty wax paper carton and keep in fridge or freezer. To serve, cut into slices.

Dianne Slowski

CORN FLAKE MACAROONS

2 egg whites	1 c. fine sugar
2 c. corn flakes	1 c. coconut
1 tsp. vanilla	

Add corn flakes and coconut to stiffly beaten egg whites, into which the sugar was folded. Bake in moderate oven 15 to 20 minutes.

COCONUT DELIGHTS

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. sugar
2 egg yolks	1 c. sifted flour
1 tsp. baking powder	1 tsp salt

Cream together butter and sugar. Add and beat in egg yolks then sift in flour, baking powder and salt. Roll thin and cut into rounds.

(continued)

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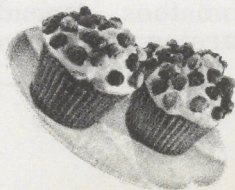
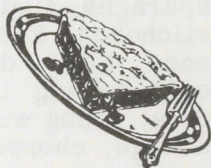
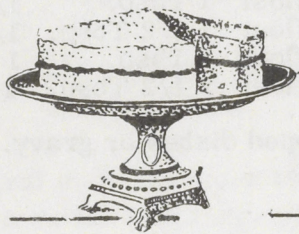
Topping:

2 egg whites , stiffly beaten. Mix in 1 c. icing sugar,
1 tbsp. melted butter, 2 c. coconut. Put a spoonful of top-
ping mixture on each cookie before baking. Top with a
cherry or dash of jelly. Bake in moderate oven.

Mrs. Sophie Borynuik

--- EXTRA RECIPES ---

Cake & Pastry



SAUCES

<u>White Sauce</u>	<u>Liquid</u>	<u>Thickening Material</u>	<u>Fat</u>	<u>Seasoning (salt)</u>
No. 1 thin	1 c. milk	1 Tbsp. flour	1 Tbsp.	1/2 tsp.
No. 2 medium	1 c. milk	2 Tbsp. flour	1 1/2 Tbsp.	1/2 tsp.
No. 3	1 c. milk	3 Tbsp. flour	2 Tbsp.	1 tsp.
No. 4 thick	1 c. milk	4 Tbsp. flour	2 1/2 Tbsp.	1 tsp.

Use No. 1 sauce for cream soups.
 Use No. 2 sauce for creamed or scalloped dishes or gravy.
 Use No. 3 sauce for souffles.
 Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

<u>Vegetable</u>	<u>Boiled</u>	Minutes	
		<u>Steamed</u>	<u>Baked</u>
Asparagus, tied in bundles	30		
Artichokes, French	40	45-60	
Beans, Lima, depending on age	20-40	60	
Beans, string	15-45	60	
Beets, young with skins on	45	60	70-90
Cabbage, chopped, cut sectional	10-20	25	
Cauliflower, stem down	20-30		
Carrots, cut across	20-30	40	
Chard	60-90	90	
Celery, cut in lengths 1/2 inch	30	45	
Corn, green, tender	5-10	15	20
Cucumbers, peeled and cut	20	30	40
Eggplant, whole	30	40	45
Onions	45	60	60
Parsnips	60	75	75
Peas, green	20-40	35-50	
Peppers	20-30	30	30
Potatoes, depending on size	20-40	60	45-60
Pumpkin, in cubes	30	45	60
Potatoes, sweet	40	40	45-60
Salsify	25	45	
Spinach	20	30	
Squash in cubes	20-40	50	60
Tomatoes, depending on size	5-15	50	15-20
Turnips, depending on size	30-60		

CAKE AND PASTRY

RHUBARB CAKE

$\frac{1}{2}$ c. butter	Pinch of salt
$1\frac{1}{2}$ c. sugar	4 c. rhubarb, cut to $\frac{1}{2}$ "
3 c. flour	pieces
2 eggs, well beaten	$\frac{1}{2}$ c. sugar
4 tsp. baking powder	1 pkg. strawberry gelatin,
1 tsp. vanilla	3 oz. size
$\frac{1}{4}$ c. flour	$\frac{1}{2}$ c. sugar
3 tbsp. butter	

Mix first eight ingredients as for cake batter, should be stiff. Smooth batter into large size buttered baking pan 9 x 13, mix rhubarb with half sugar and gelatin. Place this mixture over batter, crumble the last three ingredients together and sprinkle over rhubarb mixture. Bake at 375 degrees and bake for 35 to 40 minutes.

Mrs. Joyce Lazeski

JELLY ROLL

3 large eggs	1 c. fine sugar
$\frac{1}{2}$ tsp. lemon extract	1 tsp. baking powder
1 c. pastry flour	$\frac{1}{4}$ tsp. salt
2 tbsp. cold water	

Separate eggs, beating yolks and sugar together until thick. Add extract then add lightly, stiffly beaten egg whites. Sift together four times flour, baking powder, salt. Fold very lightly into egg mixture, alternately with the cold water. Turn into jelly roll tin which has been lined with well greased paper. Bake in moderate oven for about 10 to 12 minutes. Turn out on a clean slightly damp cloth.

(continued)

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Remove paper, cut crisp edges from sponge, spread with preserve and roll quickly while the sponge is still warm. Sift fine sugar on top.

Mrs. Pearl Kozar

FAVORITE CHEESE CAKE

1-1/4 c. graham wafer crumbs 1/4 c. softened butter
1/4 c. white sugar

Combine crumbs, sugar, add softened butter. Press into an 8" square pan, building up sides.

Filling:

8 oz. pkg. cream cheese 1/2 c. white sugar
1 tbsp. lemon juice 1/2 tsp. vanilla
Pinch of salt 2 eggs

Beat the softened cream cheese until light and fluffy, gradually blending in the sugar, lemon juice, vanilla and salt. Add eggs, beating well. Pour filling into crust and bake at 325 degrees for 25 minutes.

Combine:

1 c. sour cream 2 tbsp. sugar
1/2 tsp. vanilla

Spoon over baked cheese cake, bake another 10 minutes. Chill several hours before serving. May be served with fresh or frozen strawberries as dessert.

Mrs. Mary Stan

CHEESE CAKE

30 graham wafers, 1/4 tsp. salt
rolled fine 1/2 c. butter
1 tbsp. sugar

(continued)

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Filling:

$\frac{1}{2}$ lb. cream cheese
 $\frac{1}{4}$ tsp. salt
Juice and rind of half
a lemon

$\frac{1}{3}$ c. glazed cherries
cut in quarters
 $\frac{1}{2}$ c. sugar
2 eggs, separated

To the graham wafers add salt, sugar and butter, blending the butter in as for pastry.

Filling:

Combine cheese with sugar and blend well together. Add salt, beaten egg yolks, juice and rind of lemon and cherries. Mix together then fold in the beaten egg whites. Place $\frac{2}{3}$ of the graham wafer crumbs into a buttered 8 x 8 pan. Spread filling over and top with remaining graham wafer crumbs. Bake in a moderate oven for about 40 minutes. When cool, cut into squares.

Mrs. Sophie Stan

APRICOT DREAM SQUARES

1 c. crushed graham wafers	1 c. dried apricots
1 c. sifted all purpose flour	$\frac{1}{4}$ tsp. salt
1 c. brown sugar, packed	2 eggs
$\frac{1}{2}$ tsp. salt	1 c. brown sugar, packed
1 c. shredded coconut	1 tbsp. lemon juice
$\frac{1}{2}$ c. melted butter	$\frac{1}{3}$ c. sifted all purpose flour
	$\frac{1}{2}$ tsp. baking powder

Combine first 5 ingredients. Add melted butter and mix well. Reserve one cup for topping. Pack remainder in bottom of 9 x 9 cake pan. Bake for 10 minutes at 350 degrees. Cover apricots with water. Simmer until tender, about 15 minutes. Drain, chop. Beat eggs until light and fluffy and add brown sugar and lemon juice. Stir in sifted dry ingredients and apricots. Spread over bottom layer. Sprinkle with topping. Bake 30 to 35 minutes at 350 degrees. Cool, cut in squares. Yield: 20

Mrs. Sophie Stan

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FUDGE CAKE

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ c. sugar
1 c. sour milk or butter- milk	3 eggs
$2\frac{1}{2}$ c. all purpose flour	1 tsp. baking soda
1 tsp. baking powder	$\frac{1}{4}$ tsp. salt
	$\frac{1}{2}$ c. cocoa mixed with
	$\frac{1}{2}$ c. boiling water (set aside to cool)

Cream butter, sugar, well. Add well beaten eggs. Add cocoa and water that has been cooled. Sift flour, baking powder and salt. Dissolve soda in milk and add the dry ingredients alternately with the milk. Pour into large greased pan and bake in a moderate oven at 350 degrees for about 35 minutes.

Mrs. Kay Sereda

MARBLE CAKE

Dark Part:

Butter the size of egg	$\frac{1}{2}$ c. brown sugar
2 egg yolks	$\frac{1}{3}$ c. molasses
$\frac{1}{3}$ c. water	Spice to taste
1 tsp. soda	$\frac{1}{2}$ c. flour

Light Part:

$\frac{1}{2}$ c. white sugar	Butter the size of an egg
2 egg whites	$\frac{1}{4}$ c. milk
1 c. flour	1 tsp. baking powder
$\frac{1}{2}$ tsp. lemon extract	

Mix in two separate bowls in order given and bake in pan, mixing into one another slightly. Bake in moderate oven until done.

Mrs. M. Raina

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APPLE PIE CAKE

3 c. flour	3 tbsp. sugar
3 tsp. baking powder	1/4 tsp. salt
1 c. lard or shortening	3 eggs, beaten
3 tbsp. milk	

Sift dry ingredients together and add shortening, mixing like pie crust. Beat eggs in separate bowl and add milk to eggs. Pour into flour mixture and mix to a soft dough, adding more milk, if necessary. Roll a bottom and top for a 9 x 13 greased pan. Put apple pie filling between as for pie. Bake at 350 degrees for 45 minutes until nicely browned. Frost with a thin powdered sugar icing.

VINARTARTA

1 c. butter	5 c. flour
2 c. sugar	1/2 c. sour cream
4 eggs	1 tbsp. almond flavoring
1 tsp. baking powder	1 tsp. cardoman seed
1 tsp. soda	1 tsp. vanilla

Filling:

1 lb. prunes	3/4 c. sugar
3/4 c. prune juice	1 tbsp. cinnamon
1 tbsp. vanilla	

Mix cake in usual way, baking the cake in about 4 layers.

Boil filling and spread between cakes and store a day or two before serving.

Mrs. Putko

WHITE FRUIT CAKE

1 c. butter	1½ c. sugar, creamed
6 eggs, well beaten	½ c. sweet cream
3½ c. flour	1 tsp. baking powder
Pinch of salt	¼ lb. citron, pineapple and cherries
4 tsp. lemon extract	
4 c. seedless raisins (flour raisins)	

Mix well together and bake in 325 degree oven until done, about 2 hours.

Mrs. Putko

JOHNNY CAKE

1 c. cornmeal	1 c. sifted flour
½ c. sugar	1 c. milk
3 tbsp. shortening	1 egg, well beaten
3 tsp. baking powder	

Bake in fairly hot oven about 30 minutes.

Mrs. M. Raina

PRUNE SPICE COFFEE CAKE

½ c. shortening	½ c. white sugar
1½ tsp. baking powder	1½ c. flour
1 egg	½ tsp. vanilla
½ tsp. salt	¾ c. milk

Cream shortening, add sugar with vanilla, add egg, beat well. Add sifted dry ingredients alternately with milk. Spread ½ of the batter in greased 8 x 8 square pan. Cover with filling as follows:

1 tin baby food prunes	1 tbsp. cinnamon
¼ c. melted butter	¼ c. chopped walnuts

Top with remaining batter. Bake at 350 degrees for 45 min.
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DATE LOAF

1 c. chopped dates 1 tsp. soda
3/4 c. boiling water

Sprinkle soda over chopped dates. Pour boiling water, let stand until cold.

Cream:

3/4 c. white sugar 2 tbsp. butter
1 egg 1-3/4 c. flour
1/2 c. chopped nuts

Pour into cold mixture and mix well. Bake in slow oven for 1 hour.

PINEAPPLE UPSIDE DOWN CAKE

1/3 c. liquid honey 3 tbsp. margarine
9 slices canned pineapple 9 cherries
1 - 9 oz. or 10 oz. pkg.
"Gold Cake Mix"

Preheat oven to 350 deg. Grease a 9" pan (square). Melt honey and margarine together. Pour into pan. Arrange pineapple slices and cherries over honey mixture. Prepare cake mix as directed on package. Spoon batter over fruit. Bake for 50 to 55 minutes or until cake springs back when lightly touched. Invert on serving plate. Let stand 5 minutes before removing from pan. Cool. Serve with whipped cream.
Yield: 6 to 9 servings.

Mrs. Sophie Schebel

MARSHMALLOW SLICE

30 graham wafers, rolled 30 marshmallows, cut up
fine

(continued)

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Add: 1 can Eagle Brand milk
 $\frac{1}{2}$ c. walnuts $\frac{1}{2}$ c. cherries

Spread coconut on bottom of fairly large pan. Pat in above mixture and sprinkle with coconuts, about $\frac{1}{2}$ c. coconut.

Mrs. A. Yaremko

SUNBEAMS

2 egg whites	1 c. coconut
1 c. sugar	1 c. walnuts
$\frac{1}{2}$ tsp. baking powder	$\frac{1}{2}$ c. dates

Mix all ingredients together. Beat egg whites stiff and add. Drop by teaspoonsful and roll in Rice Krispies. Bake in 375 degree oven for 10 to 12 minutes.

Mrs. Liz Huluska

RAISIN SQUARES

1-1/4 c. flour	1/4 tsp. salt
$\frac{1}{2}$ tsp. soda	1 c. butter
1 tsp. baking powder	1 c. brown sugar
	1-3/4 c. oatmeal

Mix all ingredients and rub in with butter. Spread one half mixture in greased pan. Cover with following when cooled.

2 c. raisins	1 c. water
1/4 c. brown sugar	

Cook 5 minutes. Add 1 tbsp. of each following:

Corn starch	lemon juice
Cinnamon	

Add one teaspoon of vanilla. Cover with remaining mixture. Bake in moderate oven.

Mrs. Natalie Federko
 28 - Foam Lake, Sask.

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RAISIN TARTS

1 c. ground raisins	1/3 c. milk
1 tbsp. melted butter	1/2 c. sugar
2 eggs	1 tsp. vanilla

Mix all together and fill your favorite unbaked tart shells and bake for 20 minutes.

Justine Sereda

COCONUT TARTS

1 c. white sugar	1 tsp. butter
2 eggs	1 tsp. vanilla
1 c. coconut	

Beat eggs until light. Fold in other ingredients which have been blended. Line tart tins with pastry, put a teaspoon of jelly in each, then cover with the mixture, bake in oven at 350 to 375 degrees for 15 to 20 minutes.

NEVER FAIL PASTRY

Mix together:

6 c. flour, sifted	1 tsp. baking powder
3 tbsp. brown sugar	1 tsp. salt

Rub or cut in (one half at a time)

1 lb. shortening or lard

Mix together in measuring cup in this order:

1 egg, beaten
2 tbsp. vinegar
Enough water to make up 3/4 cup liquid

(continued)

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Sprinkle onto flour lard mixture tossing with fork. This may be chilled, then used at once, or formed into a roll (enough for a pie crust) and stored in a tightly covered container in the refrigerator.

SOUR CREAM PIE

3/4 c. sugar	1 tsp. soda
1 c. raisins	2 egg yolks
1 c. sour cream	2 tsp. cinnamon

Put all ingredients in saucepan and mix well. Boil slowly for at least $\frac{1}{2}$ hour until the filling is dark and thick. Put in cooked pie shell. Top with meringue and bake until light brown.

Mrs. Regina Cruckshank

CARMAL CHIP CAKE

$\frac{1}{2}$ c. butter	1 pkg. colored miniature marshmallows
2 pkg. carmel chips	
1 c. fine coconut	1 c. peanut butter
1 c. chopped walnuts	

Melt and cool first two ingredients. Add rest of ingredients. Mix and press into greased pan and refrigerate. Cut into squares while warm.

Mrs. Natalie Federko

TUTTI FRUTTI CAKE

1 tsp. soda	1 tsp. cloves
1 c. boiling water	Pinch of salt
$\frac{1}{2}$ c. flour	$\frac{1}{2}$ c. butter
$\frac{1}{2}$ c. currants	1 c. sugar
1 c. raisins	1 egg
1-1/4 c. chopped walnuts	1 tsp. cinnamon

(continued)

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Mix soda in water and let stand while mixing rest of ingredients. Cream butter, sugar and egg. Add fruit, then dry ingredients alternately with soda water. Bake in moderate oven.

Mrs. Regina Cruckshank

CARMEL SQUARES

$\frac{1}{2}$ c. butter or shortening	2 c. flour
1 c. brown sugar	1 tsp. baking powder
2 egg yolks, beaten	2 egg whites, stiffly beaten
$\frac{1}{4}$ c. milk	1 c. brown sugar
1 tsp. vanilla	$\frac{1}{2}$ c. shredded coconut
	$\frac{1}{2}$ c. walnuts, finely chopped

Cream together butter, brown sugar, egg yolks, milk, vanilla, flour. Spread thinly on shallow pan and press down. Spread over first mixture the egg whites and sprinkle with 1 c. brown sugar, coconut and walnuts.

Mrs. Pauline Woychesko

SOUR CREAM COCOA CAKE

2 c. brown sugar	1 c. thick sour cream
2 eggs	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ c. cocoa dissolved in	2 c. flour
$\frac{1}{2}$ c. boiling water (set aside to cool)	1 tsp. baking soda

Mix the sugar and eggs well. Add the cooled cocoa mixture. Dissolve the baking soda in the cream and add alternately with the dry ingredients. Pour into greased pan and bake about 35 to 40 minutes in a moderate oven.

Mrs. T. Halyk

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CARROT CRUMB CAKE

$\frac{1}{2}$ c. soft margarine or butter	2 tsp. baking powder
1 c. sugar	1 tsp. salt
1 egg	$\frac{1}{4}$ tsp. nutmeg
$\frac{1}{2}$ tsp. vanilla	$\frac{1}{2}$ tsp. baking soda
1 c. shredded raw carrots	$\frac{2}{3}$ c. milk
2 c. unsifted pastry flour	Crumb topping

Beat the margarine, sugar and egg together until fluffy, then stir in the vanilla and shredded carrot. Sift dry ingredients together and add alternately with sour milk. Spread into a greased 9" x 9" pan. Sprinkle with the crumb topping and bake at 350 degrees for 45 minutes.

Crumb Topping:

Mix 2 tbsp. flour, $\frac{1}{3}$ c. brown sugar, 1 tsp. cinnamon and $\frac{1}{3}$ c. chopped pecans. Stir in 3 tbsp. melted margarine to form crumbly mixture.

Mrs. Marion Stachyshyn

WALNUT SLICE

1 c. flour	1 c. butter
------------	-------------


Mix for pie crust. Moisten with cream. Spread in pan 9" x 5". Bake until golden brown.

Filling:

$1\frac{1}{2}$ c. brown sugar	2 tbsp. flour
$\frac{1}{2}$ c. cocoanut	2 eggs, beaten
1 c. chopped walnuts	$\frac{1}{2}$ tsp. baking powder

Mix in order given. Pour filling over baked crust. Bake slowly until medium brown. Ice when cool, if desired.

Mrs. Lucy Popik



Desserts



CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball..	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees

TEMPERATURES IN CANDY MAKING

Fudge, opera creams, penuche and cream candies	
	234-236 degrees, soft ball
Fondants (mints, etc.).....	234-236 degrees, soft ball
Marshmallows	238-240 degrees, soft ball
Caramel mixtures.....	246-252 degrees, firm ball
Taffies	254-270 degrees, hard ball
Butterscotch.....	280-300 degrees, crack
Brittles	290-310 degrees, hard crack

Boiled frostings:

- 1 egg white to 1 c. sugar - 238-242 degrees, soft ball or thread
- 2 egg whites to 1 c. sugar - 244-248 degrees, soft ball or thread
- 3 egg whites to 1 c. sugar - 254-260 degrees, firm ball or long thread.

TIME AND TEMPERATURE REQUIRED FOR CAKE BAKING

Sponge cake .	275-325 degrees - 40 minutes to 1 hour
Loaf cake ...	325-350 degrees - 40 minutes to 1 hour
Cup cakes ...	350-375 degrees - 15 to 25 minutes
Layer cake ..	375-400 degrees - 20-30 minutes

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle; in rolling, take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.

When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

DESSERTS

PHILADELPHIA CHEESE DESSERT

1/4 c. sugar
1 pkg. lemon jello

1 c. boiling water

Mix and let stand a while.

Whip one tall tin of evaporated milk, which has been thoroughly chilled. Add jello mixture, beating as you add. Soften one 8 oz. pkg. Philadelphia cheese. Add $\frac{1}{2}$ c. sugar and $\frac{1}{2}$ c. concentrated lemonade and beat into jello mixture. Pour into pan 13" x 9" covered with a layer of 24 crumbled graham wafers.

3 tbsp. butter

4 tbsp. sugar

Rub into crumbs. Sprinkle few crumbs on top. Refrigerate.
Mrs. Kay Zinkowski

PINEAPPLE DESSERT

28 graham wafers,
crushed

1/4 c. white sugar
 $\frac{1}{2}$ c. melted butter

Mix well. Take out $\frac{3}{4}$ c. of the mixture and pack the rest in a pan about 14" x 8". Drain a 20 oz. can of crushed pineapple. He + juice and add 1 pkg. of pineapple jelly powder. Chill jello until it gets thick but not solid. Whip 2 cups cream and 1 tsp. orange juice. Beat in 1 c. white sugar. Beat thickened jello and add whipped cream. Fold in crushed pineapple. Spread this mixture evenly over crumbs and sprinkle the $\frac{3}{4}$ c. crumbs on top. Let stand overnight in fridge.

CHERRY DESSERT

50 single graham wafers, $\frac{1}{2}$ c. melted butter
rolled fine - 4 cups $\frac{1}{2}$ c. brown sugar

Filling:

1 pt. whipping cream 1 pkg. miniature marsh-
1 can cherry pie filling mallows

Mix crushed wafers with butter and sugar and press $\frac{3}{4}$ of this in a pan 8" x 12". Whip cream until real stiff. Add marshmallows and mix well. Spread half of this mixture over the graham wafer mixture. Then spread the pie filling over it. Spread the remainder of crumbs on top. Cover with foil and chill for 24 hours.

DARK STEAMED PUDDING

Cream: $\frac{1}{4}$ c. butter
Blend: $\frac{1}{4}$ c. brown sugar
Add: 1 beaten egg

Combine thoroughly.

Sift, then measure:

$1\frac{1}{2}$ c. flour	1 tsp. cinnamon
$2\frac{1}{2}$ tsp. baking powder	$\frac{1}{4}$ tsp. each cloves, mace, ginger, allspice
$\frac{1}{2}$ tsp. salt	
2 tbsp. molasses	6 tbsp. milk

Add dry ingredients to egg mixture. Combine milk and molasses. Stir until smooth and thick. Fill a greased container, cover tight. Steam over rapidly boiling water. 2 hours. Serve with sauce.

LIGHT STEAMED PUDDING

Cream until soft:

1/4 c. butter

Blend 1/4 c. sugar

Add: 1 beaten egg

Sift then measure:

1½ c. flour

1 tsp. baking powder

½ tsp. salt

Add dry ingredients to mixture with ½ c. milk. Fill a tightly covered container and steam 1½ to 2 hours. Serve with butter sauce.

CARROT PUDDING

½ c. butter

1 c. bread crumbs

1 c. brown sugar

1/4 c. chopped nuts

1 c. grated carrots

½ c. flour

1 c. grated potatoes

1 tbsp. soda

1 c. chopped raisins

1 tbsp. cinnamon

1 c. chopped apples

½ tsp. salt

½ c. chopped currants

½ tsp. cloves

Cream butter and sugar. Add carrots, potatoes, raisins, fruits and nuts. Sift flour, soda and spices. Add to the first mixture. Fill double boiler 2/3 full. Cover and steam 3 hours. Serve hot with pudding sauce.

APPLE CRISP

6 med. sized apples

1/4 c. butter

1/4 c. sugar

½ c. flour

3/4 c. brown sugar

Cinnamon

(continued)

Slice apples into buttered dish. Sprinkle with 1/4 c. sugar, and cinnamon. Combine butter, flour, brown sugar, and spread on top of apples. Bake 30 minutes until golden brown. Serves 6.

LEMON CHIFFON PIE

Mix together in saucepan:

3 egg yolks	1/4 tsp. salt
6 tbsp. sugar	1/4 c. lemon juice

Cook over low heat, stirring until it boils. Remove from heat.

Stir:

1/2 c. boiling water	1 tbsp. grated lemon rind
4 tbsp. lemon gelatin	

Then with rotary beater, beat in the hot custard. Cool when mixture is partially set, beat until smooth. Carefully fold into meringue of:

3 egg whites	6 tbsp. sugar
1/4 tsp. cream of tartar	

Pile into cooled, baked pie shell or graham wafer shell. Chill until set. Serve cold.

RHUBARB BUTTERSCOTCH PIE

2 c. diced rhubarb	2 tbsp. butter
1 egg	2 tbsp. flour
1 c. brown sugar	1 tbsp. cream

Line a deep pie plate with a good rich pastry and fill it with the rhubarb which has been cut into small pieces. Beat the egg with the sugar, melted butter, flour and cream. Stir this mixture until it is well blended then pour over the

(continued)

rhubarb. Bake in a hot oven for 10 minutes. To set the crust lower the heat and bake until the filling is firm. Serve warm or cold and whip a cup of cream. Spread over top before serving.

Mrs. Pu tko

PINEAPPLE SQUARES

1 c. flour	2 egg yolks
1 tsp. baking powder	1 tbsp. milk
$\frac{1}{2}$ c. butter	

Filling:

$\frac{1}{2}$ c. crushed pineapple	2 tbsp. corn starch
$\frac{1}{4}$ c. sugar	$\frac{1}{2}$ tsp. grated lemon rind
	1 tsp. butter

Sift flour, baking powder, then cut in the butter. Add the beaten egg yolks and the milk. Mix well. Press into bottom of a well greased pan and spread with filling.

Topping:

2 egg whites	$\frac{1}{2}$ c. coconut
$\frac{1}{2}$ c. white sugar	1 tsp. vanilla
1 tbsp. butter	

Beat egg whites stiffly. Add sugar and continue beating. Fold in other ingredients and spread over pineapple filling. Bake in moderate oven for 30 minutes.

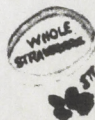
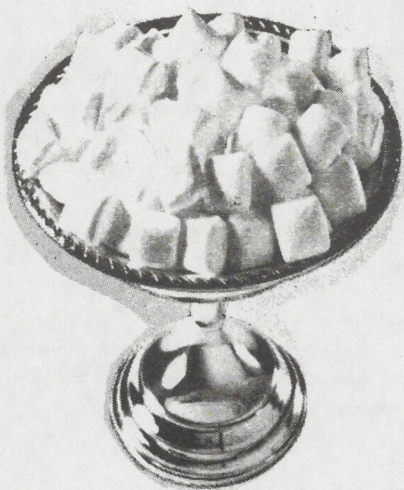
Mrs. Winney Raina

--- EXTRA RECIPES ---



Candy, Jelly

& Preserves



USEFUL HINTS



(a) Sprinkle popcorn with grated parmesan cheese and stir well for a different flavor.

(b) To chop hard-boiled eggs quickly, use the potato masher.

(c) Before handling berries, put lemon juice on your hands and let it dry. The hands will not stain as much.

(d) Boil cauliflower in a cloth and it can be lifted out unbroken. To serve, cover with cheese sauce and sprinkle with paprika.

(e) Add lemon juice to water in which rice is to be boiled. The whiteness will be increased and the grains will remain whole.

(f) When canning some of your tomatoes, put onions and peppers in with them. This is tasty with rice or macaroni and it all ready to use.

(g) I drop two or three kernels of popcorn into the oil when I am going to fry potatoes, chops, chicken, etc. When the corn pops, the oil is hot enough.

(h) Freeze corn on the cob in a large paper bag lined with a plastic bag the same size. You can pack more quickly and take out just what you need.

(i) Par-boil sausages for 8 to 10 minutes before frying or boiling.

(j) Hot honey poured over fried chicken is just delicious.

(k) We still pep up meat with Pete's Mustard—equal parts of dry mustard, sugar and flour, mixed to a paste with white vinegar.

(l) Always put bacon on to fry in a cold frying pan.

(m) To separate refrigerated bacon, run hot water over a rubber pot scrapper and slide it between the slices.

(n) Grate a little lemon rind into mayonnaise when making a fruit salad. It gives it a tart taste.

(o) To add a different flavor to salad dressing, substitute the liquid off sweet pickles (strained) for part of the vinegar in your recipe.

(p) Clean rusty sink stains by using cream of tartar and a few drops of hydrogen peroxide.

(q) Clean wax off tiles with ammonia, wash clean with water then rewax.



CANDY JELLY & PRESERVES

JELLO PUDDING FUDGE

1 pkg. (4 oz.) choco-	1/4 c. milk
late pudding & pie filling	1½ c. sifted icing sugar
2 tbsp. butter	1/4 c. chopped nuts

Combine pudding mix, butter and milk. Bring to a full boil and boil gently for 1 minute, stirring constantly. Remove from heat quickly blend in icing sugar. Add nuts. Press into buttered pan.

SEVEN MINUTE FROSTING

Combine in top of double boiler:

2 egg whites	1/4 c. water
1 c. sugar	1 tsp. syrup
1/8 tsp. cream of tartar	

Place over boiling water and beat with beater until mixture holds its shape. Fold in 1 tsp. vanilla. Fluffy and so pretty!

LEMON CHEESE

1 lb. sugar	Juice of 3 lemons
1/4 lb. butter	4 eggs, beaten

Put sugar, butter and lemon juice into a double boiler, then add the beaten eggs. And stir until thickened. This will keep for several weeks in refrigerator.

PLEASE PATRONIZE OUR ADVERTISERS

RASPBERRY JAM

8 c. raspberries

6 c. sugar

Wash, crush and measure 8 cups berries. Bring to boil and precook uncovered 10 minutes, stirring often. Add sugar and boil to jam stage. About 15 minutes, until thick and clear. Pack in jars and seal.

STRAWBERRY & RHUBARB JAM

6 c. strawberries,
crushed

4 c. rhubarb, $\frac{1}{2}$ " pieces
6 c. sugar

Wash, hull, crush and measure strawberries. Wash, trim stalks and cut rhubarb in $\frac{1}{2}$ " pieces. Combine fruit, bring to boil and precook, uncovered 15 minutes. Add sugar, bring to boil and boil uncovered to jam stage. Pour into sterilized containers and seal. Approximately $6\frac{1}{2}$ cups of jam.

Sharon Pell

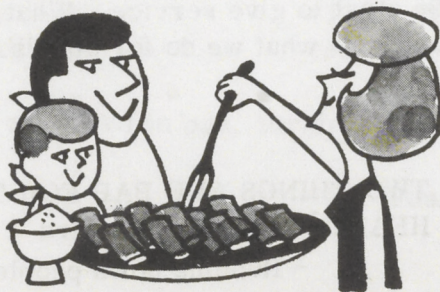
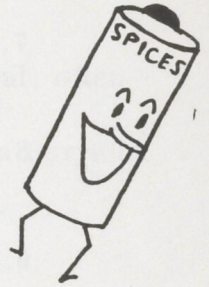
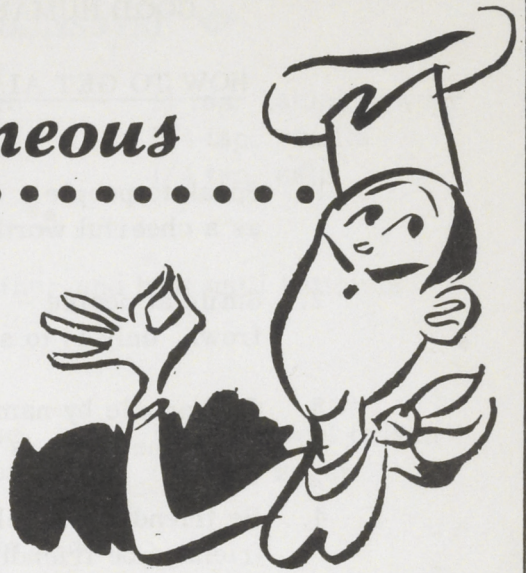
STRAWBERRY JAM (FROZEN)

3 c. mashed strawberries 1 pkg. Certo
5 c. sugar 1 c. water

Mix berries and sugar together. Let stand 20 minutes mixing occasionally. Mix Certo and water together, bring to a boil and boil for 1 minute. Mix constantly. Mix Certo and water mixture into berries and mix for 2 minutes. Pour into jars and let stand 24 to 48 hours at room temperature. Seal. Freeze.

Mrs. Sophie Schebel

Miscellaneous



TEN COMMANDMENTS OF
GOOD HUMAN RELATIONS

HOW TO GET ALONG WITH PEOPLE

1. Speak to people - There is nothing as nice as a cheerful word of greeting.
2. Smile at people - It takes 72 muscles to frown, only 14 to smile.
3. Call people by name - The sweetest music to anyone's ear is the sound of their name.
4. Be friendly and helpful - If you would have friends, be friendly.
5. Be cordial - Speak and act if everything you do was a genuine pleasure.
6. Be genuinely interested in people - You can like everyone if you try.
7. Be generous with praise - cautious with criticism.
8. Be considerate of the feelings of others - It will be appreciated.
9. Be thoughtful of the opinions of others - There are three sides to a controversy: Yours, the other fellow's and the right one.
10. Be alert to give service. What counts most in life is what we do for others.

TWO THINGS ARE BAD FOR THE
HEART - Running upstairs
- Running down people.

MISCELLANEOUS

NALYSNYKI

2 eggs, well beaten	1½ tsp. baking powder
1½ c. milk	1/4 tsp. vanilla
1 tbsp. sugar	1/4 tsp. salt
1 1/4 c. flour	

Mix above ingredients together and beat until batter is smooth.

Cheese Filling:

2 c. cottage cheese	1 tbsp. sweet cream
2 eggs, well beaten	1/4 tsp. sugar

Mix all filling ingredients together.

Heat a small frying pan, brush with butter and pour in just enough batter to cover pan, when tilted from side to side. Brown both sides, spread with filling and roll like jelly roll. Arrange in casserole. Cover with sweet cream. Bake at 275 degrees for 35 minutes. Uncover last while to brown. Serve hot with meat and salad.

These would be served with the main coarse meal, often instead of cabbage rolls.

Mrs. Stella Buryniuk

MOM'S PANCAKES

3 eggs	1 tbsp. sugar
3 level tsp. baking powder	Pinch of salt
1 c. milk	Flour enough to make soft cake dough

Fry on hot pan with lard in pan, turning over once.

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PANCAKES

Mix and sift together:

1 1/8 c. sifted flour	3/4 tsp. salt
1 1/2 tsp. baking powder	2 tbsp. sugar

Combine:

1 egg, well beaten	1 c. milk
3/4 tsp. salt	3 tbsp. melted butter

Make a well in the dry ingredients and add liquid ingredients. combine. Brown on hot, slightly greased griddle or frying pan. Serve with butter and syrup.

FROSTING BROWN SUGAR ICING

1 c. brown sugar	1 tsp. butter
1 tbsp. butter	

Mix smooth with cream. Add vanilla or lemon for flavoring.

NALYSNYKI

2 eggs, well beaten	1 1/4 c. flour
1 1/2 c. milk	1 1/2 tsp. vanilla
1 tbsp. sugar	1/4 tsp. salt

Cheese filling:

2 c. cottage cheese	1/4 tsp. salt
2 eggs, well beaten	1 tbsp. sugar
1 tbsp. sweet cream	

Mix above ingredients together and beat together.

Mrs. Sophie Buryniuk

TEA REFRESHMENTS for 300 people.

12 large sandwich loaves. sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES - Ribbon & rolled.

4 doz. eggs - hard boil, make filling with salad dressing and seasoning.

4 tins Klik or 1 lb. of ham or bologna - Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

$1\frac{1}{2}$ lbs. white cream cheese - Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. ^{Make} in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.

$1\frac{1}{2}$ lb. Velveeta - Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp - Mix with salad dressing. Roll.

2 large tins salmon - Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people.

3 per person usually allowed. 25 persons suppling 3 dozen each should be sufficient if a group project.

Also required:

2 lbs. tea

3 lbs. sugar cubes

3 qts creamilk

$\frac{1}{2}$ gallon sweet pickles

$\frac{1}{2}$ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qt. dry beans	4 lb. salt pork
20 qt. salad	20 doz. rolls
4 lb. butter	20 pies
4 qt. cream	2 lb. coffee

HASH SUPPER FOR 100:

40 lb. corned beef	5 qt. salad dressing
32 qt. potatoes	5 lb. butter
20 doz. rolls	2 lb. coffee
20 qt. chopped cabbage	4 qt. cream

CABBAGE SALAD FOR 175:

20 lb. cabbage	4 large cans crushed pineapple
1 1/2 qt. Miracle Whip	2 bunches carrots

HAM SUPPER FOR 225:

48 lb. canned ham	2 qt. milk
24 potato salads (solicited)	1 lb. Crisco
5 lb. coffee	5 to 6 c. water
1 pt. cream	48 pkg. peas
45 qt. strawberries	8 qt. milk
6 pkg. Bisquick equals 3/4-inch biscuits	6 qt. heavy cream
	1 pkg. Starlac
	1 c. sugar, add to Bisquick

BRAISED BEEF FOR 200:

65 lb. stew beef	Harvard beets
60 lb. potatoes	Cabbage salad
36 pies	40 lb. turnip
	2 lb. cheese

TURKEY DINNER FOR 250:

7 turkeys	75 lb. potato
75 lb. butternut squash	10 bunches celery
20 large cranberry rings	44 pies

CHICKEN SHORTCAKE FOR 135:

60 lb. chicken	3 large pkg. Bisquick
30 pkg. frozen peas	17 pkg. Flakon corn mix
12 cans cranberry sauce	2 bunches celery

FIRST AID FOR POISONING

KEEP CALM! • ACT PROMPTLY!

CALL YOUR DOCTOR IMMEDIATELY

OFFICE PHONE _____

HOME PHONE _____

Tell him what happened and the name of the product involved

IF YOUR DOCTOR IS NOT AVAILABLE CALL:

POISON INFORMATION CENTER _____

or take the patient to the nearest doctor's office or hospital emergency room.

EMERGENCY TRANSPORTATION _____

PHONE NUMBER OF POLICE OR RESCUE SQUAD

Bring along the container involved.

IF YOU CAN'T GET INSTRUCTIONS FROM A DOCTOR QUICKLY MAKE PATIENT VOMIT:

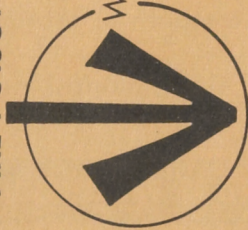
1. Keep his mouth open with spoon handle.
2. Place him face down with head lower than his hips (spanking position).
3. Tickle back of his throat with your finger.
4. If he doesn't vomit, have him drink 2 glasses of water.
Repeat steps 1 to 3 or give 2 to 3 teaspoonfuls of SYRUP of Ipecac.

DO NOT CAUSE VOMITING IF PATIENT

1. Is unconscious or in a coma.
2. Is having fits (convulsions).
3. Swallowed a "corrosive substance" that burns the mouth or throat (toilet bowl cleaners, lye, ammonia, bleach).
4. Swallowed a petroleum product (kerosene, lighter fluid, paint thinner, furniture polish).

REMEMBER THE BEST TREATMENT OF ANY POISONING IS PREVENTION

**THESE SUBSTANCES
ARE POISON ...**

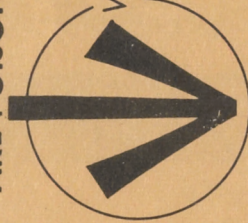


WHERE DO YOU
KEEP THEM?

- Lye
- Oven Cleaner
- Liquid Floor Polish
- Floor Wax
- Furniture Polish
- Turpentine
- Gasoline
- Lighter Fluid
- Fuel Oil
- Solvent
- Insect Spray
- Weed Killer
- Rat & Mouse Killer
- Dishwasher Detergent
- Spot Remover
- Antifreeze

EACH OF THESE SUBSTANCES
COULD KILL YOUR CHILD
BE SURE THEY ARE ALWAYS
IN A SAFE PLACE WHERE

**THESE MEDICINES
ARE POISON ...**

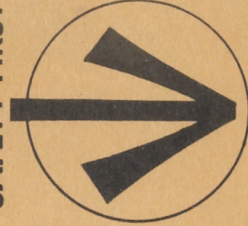


WHERE DO YOU
KEEP THEM?

- Aspirin
- Sleeping Pills
- Tranquillizers
- Cough Medicines
- Iron Pills
- Oil of Wintergreen
- Heart Pills

ALL OF THESE MEDICINES ARE VALU-
ABLE WHEN USED CORRECTLY AND IN
THE RIGHT DOSES. BUT, REMEMBER
THAT ALL MEDICINES AND TABLETS ARE

SAFETY FIRST



1. Keep your medicines safely out of your children's reach.
2. Read the label carefully before taking or giving medicine.
3. Empty unlabeled containers into the toilet and flush contents away.
4. Discard the surplus from your prescription bottle when it is no longer needed.
5. Never give your child medicine which has been prescribed for someone else.
6. Never take medicines or tablets in front of your child.
7. Never call your child's medicine candy.



ANTIDOTE CHART

Emergency COUNTERDOSES For The Home

PHONE NUMBERS

DOCTOR

PHARMACIST

HOSPITAL

AMBULANCE

POISON CONTROL CENTRE.....

DO THIS FIRST

- Contact a doctor at once.
- Keep the patient warm.
- Determine if patient has taken
 - (1) A POISON: something not meant to be taken internally . . . or
 - (2) AN OVERDOSE: a food or drug taken in excessive quantity.
- While waiting for physician, give appropriate counterdose below.

To Find the Correct Counterdose

- In one of the lists printed at left, find substance causing the trouble.
- Next to that substance is a number. This refers to counterdose bearing same numbers in the section below.

KEEP ALL POISONS AND MEDICINES OUT OF REACH OF CHILDREN

1	<ul style="list-style-type: none"> • Induce vomiting with an emetic such as: <ul style="list-style-type: none"> • 1 Tablespoon salt in glass of warm water, or • 2 teaspoons powdered mustard in glass of warm water, or • Soap and warm water, or • Finger in throat. • Give glass of milk immediately. • Give starch paste—made by mixing 3 Tablespoons cornstarch with ¼ cup water. • Then induce vomiting by giving 5 Tablespoons of salt in a quart of warm water. Drink until vomit fluid is clear. • Finally give another glass of milk. 	2	<ul style="list-style-type: none"> • Give following mixture in ½ glass of warm water: <ul style="list-style-type: none"> • 2 Tablespoons activated charcoal or powdered burnt toast,^{see} • 1 Tablespoon milk of magnesia (or 8 tablets crushed) or stomach powder. • 1 Tablespoon tannic acid or strong tea. • Induce vomiting (See No. 1). 	3	<ul style="list-style-type: none"> • Give mixtures as in No. 2. • Induce vomiting (See No. 1). Do this immediately if No. 2 mixture not available. • Give 2 Tablespoons Epsom salts in 2 glasses of water. • Then give large quantities of warm black coffee or strong tea.
4	<ul style="list-style-type: none"> • Give starch paste—made by mixing 3 Tablespoons cornstarch with ¼ cup water. • Then induce vomiting by giving 5 Tablespoons of salt in a quart of warm water. Drink until vomit fluid is clear. • Finally give another glass of milk. 	5	<ul style="list-style-type: none"> • Give ¼ cup hydrogen peroxide 3%. • 1 Tablespoon baking soda in quart of warm water. • Then give ½ cup mineral oil. Positively do NOT give animal or vegetable oil (salad oil, cooking oil, etc.). • Induce vomiting (See No. 1). 	6	<ul style="list-style-type: none"> • Give whites of 2 eggs in a glass of milk. • Give hot tea or coffee. • Check with doctor regarding treatment
7	<ul style="list-style-type: none"> • Give 2 teaspoons of baking soda in a glass of warm water. • Then induce vomiting (See No. 1). • Then 2 teaspoons baking soda in a glass of warm water again. 	8	<ul style="list-style-type: none"> • Give whites of 2 eggs in a glass of milk. • Follow with more milk. 	9	<ul style="list-style-type: none"> • Give mixture as in No. 2. • Induce vomiting (See No. 1). Do this immediately if No. 2 mixture not available. • Give 2 Tablespoons of baking soda in quart of warm water. • Give warm strong tea or coffee.
10	<ul style="list-style-type: none"> • Do NOT induce vomiting! • Give 2 Tablespoons vinegar in 2 glasses of water. • Then give whites of 2 eggs or ¼ cup of olive oil or cooking oil or salad oil. 	11	<ul style="list-style-type: none"> • Induce vomiting. (See No. 1) • Give 2 Tablespoons Epsom salts in 2 glasses of water. • Then give large quantities of warm strong tea or coffee. 	12	<ul style="list-style-type: none"> • For each tablet swallowed give whites of 2 eggs in glass of milk. • Give mixture as in No. 2. • Give 2 Tablespoons Epsom salts in a pint (2½ cups) of water.
13	<ul style="list-style-type: none"> • Give mixture as in No. 2. • Keep patient awake. 	14	<ul style="list-style-type: none"> • Give 2 Tablespoons of milk of magnesia. • Give glass of milk. • Induce vomiting (See No. 1). • Then give large quantities of milk. 	15	<ul style="list-style-type: none"> • Give mixture as in No. 2. • Induce vomiting. (See No. 1) • Give artificial respiration if necessary.
16	<ul style="list-style-type: none"> • Rush victim into fresh air, down. • Keep patient warm and lying down. • Warm strong tea or coffee. • Give artificial respiration if necessary. 	17	<ul style="list-style-type: none"> • Give ½ cup mineral oil. 	18	<ul style="list-style-type: none"> • Do NOT induce vomiting! • Give 2 Tablespoons milk of magnesia liquid or crushed tablets in a large quantity of warm milk.

*This "Universal Antidote" may be obtained from your pharmacist

**According to some authorities Powdered Burnt Toast is not an effective substitute for Activated Charcoal.

PROTECT YOUR FAMILY

Keep all poisons and medicines out of reach of children.

1. Give infants and young children drugs only as directed by your physician.
2. Be sure all poisons are clearly marked and out of reach.
3. Do not take or give medicine in the dark.
4. Do not throw away drugs or hazardous materials carelessly.
5. Do not store poisonous or inflammable substances (kerosene, gasoline, rat poison, etc.) in food or beverage containers.
6. Use cleaning fluids with adequate ventilation only.
7. Protect skin and eyes when using insect poisons, weed killers, solvent and cleaning agents
8. Do not take drugs prescribed for another person. Destroy old prescription contents and containers.

This chart is sponsored by The Canadian Pharmaceutical Association and is distributed by your pharmacist in the interest of public welfare.

POISONS

- Acids—18
- Antifreeze—9
- Bichloride of Mercury—12
- Camphor—1
- Carbon Monoxide—16
- Chlorine Bleach—8
- Cleaning Fluids—17
- Disinfectant with chlorine—8
- with carbolic acid—6
- Food Poisoning—11
- Gasoline, Kerosene—17
- Insect & Rat Poisons with arsenic—2
- with sodium fluoride—14
- with phosphorus—5
- with DDT—11
- with strychnine—15
- Iodine Tincture—4
- Lye—10
- Mushrooms—11
- Oil of Wintergreen—9
- Paint (Lead)—11
- Powder From Broken Fluorescent Tubes—1
- Rubbing Alcohol—9
- Turpentine—17
- Washing Soda—10

OVERDOSES

- Alcohol—9
- Barbiturates—3
- Belladonna—15
- Bromides—11
- Codine—13
- Headache & Cold Compounds—9
- Salicylates, etc.—9
- Iron (Ferrous Sulphate)—7
- Morphine, Opium—13
- Paragoric—13
- "Pep" Medicines—2
- Sleeping Medicines—3

Handwritten notes: 35, 35, 105, 63, 735

If You Do Not Know How To Give
Let St. John Ambulance Teach You Now!

ARTIFICIAL RESPIRATION

POINTS TO BE REMEMBERED IN ARTIFICIAL RESPIRATION

1. Familiarize yourself with all phases of artificial respiration and practice it until you know it perfectly.
2. Use artificial respiration in any case where a person has stopped breathing because of drowning, hanging, choking, strangulation, poison gas, poison, electricity, exposure, or smoke.
3. Start artificial respiration IMMEDIATELY.
4. Have someone call a doctor, ambulance and police or fire department emergency car.

"The MOUTH-TO-MOUTH Method"

PROCEED AS FOLLOWS:

- (a) Clear the mouth of any obstruction to breathing.
- (b) Lay the casualty on his back. If possible, on a table, for the greater comfort of the rescuer.
- (c) Place a folded coat or other thick pad under his shoulders so that the head falls well back (Fig. 1). This "chin-up" position will help to keep the windpipe straight and free of kinks.
- (d) Kneel by the side of the casualty's head, or stand by the side of the table at the level of the casualty's head.
- (e) Press the casualty's head to the fully extended position and draw the chin well forward (Fig. 2). The airway to the lungs will now be fully open, unless it contains foreign matter of some sort.
- (f) i) The rescuer now takes a deep breath, and places his mouth over the mouth of the casualty while pinching closed the casualty's nostrils (Fig. 3), using the hand not engaged in holding the chin up: The rescuer then blows into the casualty's lungs, sufficiently strongly to cause the casualty's chest to rise. This movement may be seen by the rescuer looking out of the corner of his eye. The rescuer then turns his head away (Fig. 4), takes another breath and repeats the cycle.



ii) In the interval, air passively exhaled from the casualty's lungs. There may be an audible sound, and the chest will fall.

iii) The cycle should be repeated about every three to five seconds for an adult, and a little more frequently for a child. The blowing will be less strong for a child or a baby, but in any event should be strong enough to cause the casualty's chest to rise. In the case of very small infants, it may be found better for the operator to cover with his mouth both the mouth and nose of the casualty, and blow through both at the same time.

The method of artificial respiration should be known to all First Aiders as an alternative to other methods. It may be the best method in certain cases, but should not be regarded as the only method, not even the best method in all cases.

Whenever artificial respiration is

indicated, lose no time — every

second counts!

5. Apply pressure compatible with the build of the patient.
6. If someone else is taking over when you get tired, don't allow any break in the rhythm of the artificial respiration.
7. Don't stop artificial respiration until breathing has been restored or a medical practitioner pronounces the patient dead.
8. Have someone remove wet clothes and loosen tight clothing, especially around the neck, chest and waist. Keep the patient warm with blankets, clothes and hot water bottles and massage the limbs towards the heart.

"The HOLGER-NIELSEN Method"

POSITIONS OF CASUALTY AND OPERATOR:

Lay the casualty in the prone position.

Place the casualty's hands, one over the other, under his forehead. The head must be turned slightly to one side. The nose and mouth must be unobstructed. The operator will place one knee with the inner side in line with the casualty's cheek, six to twelve inches from the top of his head.

Place the other foot with the heel in line with the casualty's elbow.

Place the hands on the casualty's back with the heel of the hands on the lower part of the shoulder-blades, the thumbs alongside the spine, and the fingers pointing to the casualty's feet (Figs. 39 and 40). Or, the fingers may be spread downward and outward, with the tips of the thumbs just touching.

Movement (1) — Keeping the arms straight, rock gently forward until the arms are vertical or almost vertical, depending on the build of the casualty or that of the operator, using no special force, counting "one, two, 41).

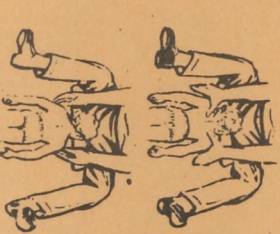
Movement (2) — The operator now rocks back, counting "three" and slides his hands past the casualty's shoulders until they can grip his upper arms near the elbow (Fig. 42). He raises and pulls on the arms until tension is felt, counting "four, five." He should take care not to raise the chest from the ground. This movement causes inspiration. The operator's arms should remain straight for the whole period (Fig. 43)



SUMMARY OF COUNTING AND TIMING — The counting and timing are as follows:

One, two (or one thousand, two thousand) — Back Pressure.
Three (or three thousand) — Sliding Hands to Arms.
Four, five (or four thousand, five thousand) — Raising Arms.
Six (or six thousand) — Lowering Arms and Sliding Hands to Back.

This completes a full cycle occupying approximately five to six seconds, that is ten to twelve times a minute.



For children **OVER THE AGE OF 5 YEARS** the pressure on the shoulder-blades should be considerably reduced and applied with the finger tips only. The rate should be twelve times per minute (Fig. 44). For children **BELOW 5 YEARS OF AGE** the arms should be laid by the side and a support placed under the child's head. Grasp the shoulders with the fingers underneath the thumbs on top. Press with the thumbs on the shoulder-blades for 2 seconds (for expiration), then lift the shoulders for 2 seconds (for inspiration) (Fig. 45). The rate should be 15 times per minute.

Polish Borsch

1 1/2 lbs. beef cut up

1 1/2 qt. water

4 med. beets cooked & sliced

2 celery stalks (diced)

potatoes

1 onion.

salt & pepper

1/4 cup sour cream

2 tbsps flour

1 egg.

Blend sour cream, flour & egg, & add to soup

& bring to boiling point & serve.

